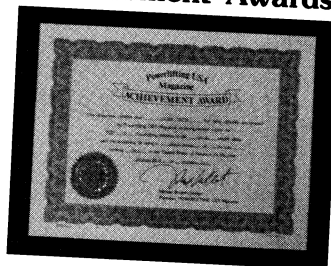


TOP 100

For standard 114 lb./52 Kg. USA lifters in results received from Jul/2004 through Jun/2005

PL USA Top 100 Achievement Awards



SQUAT

- 1 457 Milian, E..5/14/05
- 2 440 Gainer, E..5/6/05
- 3 435 Leoni, R..8/21/04
- 4 413 Scruggs, J..7/9/04
- 5 410 Zeolla, G..4/16/05
- 6 402 Kirkland, M..6/4/05
- 7 395 Soto, L..4/2/05
- 8 380 Summers, D..4/16/05
- 9 363 Askew, M..5/14/05
- 10 363 Sonnier, C..5/14/05
- 11 363 Hartwig, S..5/26/05
- 12 360 Arness, D..4/2/05
- 13 350 Simmons, B..4/2/05
- 14 341 Welch, J..4/16/05
- 15 340 Nieto, R..3/12/05
- 16 336 Marietta, Leah..4/16/05
- 17 335 Guerrero, L..3/12/05
- 18 335 Hill, A..4/2/05
- 19 335 Arrivillaga, D..4/2/05
- 20 330 Perez, E..4/2/05
- 21 330 Ortiz, F..4/2/05
- 22 330 Smith, E..4/2/05
- 23 330 Villanueva, R..4/2/05
- 24 330 Hampton, D..4/2/05
- 25 325 Bachorz, R..3/11/05
- 26 325 DeLaCruz, R..3/12/05
- 27 325 Goldthwaite, M..4/2/05
- 28 325 Diaz, P..4/2/05
- 29 325 Barleen, D..5/20/05
- 30 320 Burnett, J..4/2/05
- 31 320 Martin, E..4/2/05
- 32 315 Jones, J..4/2/05
- 33 315 Kearney, C..4/2/05
- 34 315 Foley, M..4/2/05
- 35 315 Lozano, D..4/2/05
- 36 314 Scheldrup, T..7/9/04
- 37 314 Knight, M..9/8/04
- 38 314 Rinn, S..5/14/05
- 39 310 DeLeon, E..4/2/05
- 40 310 Garrett, J..4/2/05
- 41 305 Acosta, J..4/2/05
- 42 305 Gonzalez, C..4/2/05
- 43 303 Grubbs, C..4/16/05
- 44 300 Wait, M..3/5/05
- 45 300 Winchell, S..3/11/05
- 46 300 Tucker, R..3/12/05
- 47 300 Salas, A..3/12/05
- 48 300 Pawelek, C..3/18/05
- 49 300 Gunderson, E..4/2/05
- 50 300 Santos, B..4/2/05
- 51 300 Perez, T..4/2/05
- 52 297 Fry, H..8/14/04
- 53 295 Smith, K..3/18/05
- 54 292 Denmon, A..8/7/04
- 55 290 Gomez, A..4/2/05
- 56 292 Westbrook, C..5/14/05
- 57 290 Molosso, M..11/6/04
- 58 285 Fisher, D..3/5/05
- 59 285 Goods, M..3/5/05
- 60 285 Palubicki, C..3/11/05
- 61 285 Houle, L..3/11/05
- 62 285 Young, R..4/2/05
- 63 280 Fox, J..3/18/05
- 64 280 Hernandez, J..4/2/05
- 65 275 Marietta, Lori..9/8/04
- 66 275 Walker, N..3/5/05
- 67 275 Brewer, J..3/11/05
- 68 275 Dahl, J..3/11/05
- 69 275 Webb, B..3/11/05
- 70 275 Ramirez, J..3/12/05
- 71 275 Herrera, B..3/12/05
- 72 275 Fraser, S..3/18/05
- 73 275 Thomas, A..4/2/05
- 74 275 Maestas, R..4/2/05
- 75 275 McAvoy, T..4/9/05
- 76 275 Pearyman, C..4/9/05
- 77 275 Hester, J..5/14/05
- 78 270 Frederickson, S..3/5/05
- 79 270 Henson, J..4/2/05
- 80 270 Bagsby, D..4/2/05
- 81 265 Fairchild, K..11/20/04
- 82 265 Henley, A..3/5/05
- 83 265 Wilson, C..3/11/05
- 84 265 Ghinaudo, C..3/18/05
- 85 265 Mendez, E..4/2/05
- 86 264 Hansen, M..4/2/05
- 87 260 Williams, S..11/6/04
- 88 260 Stephens, B..3/18/05
- 89 260 Sealy, R..3/18/05
- 90 260 Creuder, M..3/18/05
- 91 260 Berry, V..3/18/05
- 92 260 Cantu, K..3/18/05
- 93 260 Cooper, C..4/9/05
- 94 259 Metcalf, P..12/4/04
- 95 259 Brigham, C..4/9/05
- 96 259 Rogers, A..4/22/05
- 97 255 Reyes, L..3/12/05
- 98 255 Laguna, M..3/12/05
- 99 254 Rein, J..4/2/05
- 100 253 Scheppe, K..4/16/05

BENCH

- 1 319 Pham, H..12/2/04
- 2 308 Gainer, E..7/9/04
- 3 270 Scheldrup, T..6/11/05
- 4 265 Cohn, D..8/21/04
- 5 253 Barleen, D..5/20/05
- 6 242 Milian, E..5/14/05
- 7 242 Askew, M..5/14/05
- 8 236 Silva, K..11/10/04
- 9 236 Summers, D..4/16/05
- 10 230 Gualteri, V..11/19/04
- 11 230 Murphy, G..12/11/04
- 12 230 Faccio, G..3/10/05
- 13 215 Aanenson, K..3/5/05
- 14 215 Zeolla, G..4/16/05
- 15 215 Arnagno..5/21/05
- 16 214 Leoni, R..8/21/04
- 17 210 Hill, A..4/2/05
- 18 210 Hill, A..4/2/05
- 19 209 Rinn, S..5/14/05
- 20 205 Logsdon, H..8/28/04
- 21 205 Thomas, A..3/5/05
- 22 205 Villanueva, R..3/12/05
- 23 205 Mendez, E..4/2/05
- 24 203 Hartwig, S..5/26/05
- 25 200 DeLeon, E..4/2/05
- 26 200 McAvoy, T..4/9/05
- 27 200 Luster, J..4/16/05
- 28 195 Nieto, R..3/12/05
- 29 195 Perez, E..4/2/05
- 30 192 Sonnier, C..5/14/05
- 31 190 Wait, M..3/5/05
- 32 190 Guerrero, R..3/12/05
- 33 190 Salazar, R..3/12/05
- 34 190 Soto, L..4/2/05
- 35 190 Smith, E..4/2/05
- 36 190 Goldthwaite, M..4/2/05
- 37 187 Hollier, J..9/10/04
- 38 185 Henley, A..3/5/05
- 39 185 DeLaCruz, R..3/12/05
- 40 185 Arness, D..4/2/05
- 41 185 Arrivillaga, D..4/2/05
- 42 185 Jones, J..4/2/05
- 43 185 Gomez, A..4/2/05
- 44 185 Claypatch..5/7/05
- 45 181 Knight, M..9/8/04
- 46 181 Resendez, E..11/20/04
- 47 181 Grubbs, C..4/16/05
- 48 181 Kirkland, M..6/4/05
- 49 180 Fisher, D..3/5/05
- 50 180 Simmons, B..4/2/05
- 51 180 Ortiz, F..4/2/05
- 52 176 Leach, M..7/24/04
- 53 176 Jones, W..1/29/05
- 54 176 Welch, J..4/16/05
- 55 176 Rogers, A..4/22/05
- 56 175 Haines, L..11/27/04
- 57 175 Acosta, J..4/2/05
- 58 175 Hernandez, J..4/2/05
- 59 172 Stiltner, C..4/2/05
- 60 170 Walker, M..3/5/05
- 61 170 Scheppe, K..3/19/05
- 62 170 Westbrook, C..5/14/05
- 63 170 Patel, H..6/4/05
- 64 170 Shuttleworth, M..6/11/05
- 65 165 Williamson, B..8/14/04
- 66 165 Miller, H..11/10/04
- 67 165 Winchel, S..3/11/05
- 68 165 Reyes, L..3/12/05
- 69 165 Denmon, A..3/18/05
- 70 165 Burnett, J..4/2/05
- 71 165 Richardson, C..4/9/05
- 72 165 Marietta, Leah..4/16/05
- 73 165 Carlson, B..6/25/05
- 74 160 Molosso, M..11/6/04
- 75 160 Goods, M..3/5/05
- 76 160 Ramirez, J..3/12/05
- 77 160 Laguna, M..3/12/05
- 78 160 Garrett, J..4/2/05
- 79 160 Lozano, D..4/2/05
- 80 160 Martin, E..4/2/05
- 81 160 Gunderson, E..4/2/05
- 82 160 Pearyman, C..4/9/05
- 83 160 Garrett, T..4/30/05
- 84 159 Garner, C..8/14/04
- 85 159 Lemes, M..9/10/04
- 86 159 Brigham, C..4/9/05
- 87 155 Dunn..9/25/04
- 88 155 John, A..10/23/04
- 89 155 Palubicki, C..3/11/05
- 90 155 Salas, A..3/12/05
- 91 155 Kearney, C..4/2/05
- 92 155 Foley, M..4/2/05
- 93 155 Diaz, P..4/2/05
- 94 155 Young, R..4/2/05
- 95 154 Sage, O..9/19/04
- 96 154 Hairston, D..12/11/04
- 97 154 Rein, J..4/2/05
- 98 150 Frederickson, S..3/5/05
- 99 150 Whatley, M..3/5/05
- 100 150 Bachorz, R..3/11/05

DEADLIFT

- 1 518 Gainer, E..7/9/04
- 2 462 Milian, E..5/14/05
- 3 446 Askew, M..5/14/05
- 4 440 Leoni, R..8/21/04
- 5 413 Scheldrup, T..7/9/04
- 6 410 Zeolla, G..7/9/04
- 7 402 Sonnier, C..5/14/05
- 8 402 Barleen, D..5/20/05
- 9 395 DeLaCruz, R..3/12/05
- 10 391 Summers, D..4/16/05
- 11 388 Westbrook, C..5/14/05
- 12 375 Hill, A..4/2/05
- 13 375 Simmons, B..4/2/05
- 14 375 Kearney, C..4/2/05
- 15 370 Soto, L..4/2/05
- 16 370 Arrivillaga, D..4/2/05
- 17 365 Thomas, J..12/4/04
- 18 365 Perez, E..4/2/05
- 19 363 Hartwig, S..5/26/05
- 20 360 Nieto, R..3/12/05
- 21 360 Arness, D..4/2/05
- 22 360 Ortiz, F..4/2/05
- 23 360 Foley, M..4/2/05
- 24 360 Pearyman, C..4/9/05
- 25 352 Kirkland, M..8/21/04
- 26 350 Smith, E..4/2/05
- 27 350 Jones, J..4/2/05
- 28 350 Thomas, A..4/2/05
- 29 350 Garrett, J..4/2/05
- 30 347 Scheppe, K..4/16/05
- 31 345 Wait, M..3/5/05
- 32 345 Tucker, B..3/18/05
- 33 345 Burnett, J..4/2/05
- 34 345 Hernandez, J..4/2/05
- 35 341 Welch, J..4/16/05
- 36 340 Acosta, J..4/2/05
- 37 335 Bachorz, R..3/11/05
- 38 335 Palubicki, C..3/11/05
- 39 335 Ramirez, J..3/12/05
- 40 330 Walker, N..3/5/05
- 41 330 Stephens, B..3/18/05
- 42 330 Lozano, D..4/2/05
- 43 330 Young, R..4/2/05
- 44 325 Knight, M..9/8/04
- 45 325 Henley, A..3/5/05
- 46 325 Villanueva, R..3/12/05
- 47 325 Guerrero, R..3/12/05
- 48 325 Goldthwaite, M..4/2/05
- 49 325 McAvoy, T..4/9/05
- 50 325 Marietta, Leah..4/16/05
- 51 325 Faccio..4/30/05
- 52 320 Winchel, S..3/11/05
- 53 320 Fox, J..3/18/05
- 54 320 Henson, J..4/2/05
- 55 320 Gomez, A..4/2/05
- 56 320 Gunderson, E..4/2/05
- 57 319 Perez, T..4/2/05
- 58 319 Rogers, A..4/22/05
- 59 315 Tucker, R..3/12/05
- 60 315 Ford, R..3/26/05
- 61 315 DeLeon, E..4/2/05
- 62 315 Diaz, P..4/2/05
- 63 315 Hampton, D..4/2/05
- 64 310 McGlynn, C..3/6/05
- 65 310 Martin, E..4/2/05
- 66 310 Mendez, E..4/2/05
- 67 310 Santos, B..4/2/05
- 68 308 Patel, H..6/4/05
- 69 305 Lister, K..12/4/04
- 70 305 Fisher, D..3/5/05
- 71 305 Juanglo, J..4/23/05
- 72 303 McGonagle, T..8/21/04
- 73 303 Williamson, B..9/25/04
- 74 303 Metcalf, P..12/4/04
- 75 300 Williams, S..11/6/04
- 76 300 Carden, M..12/12/05
- 77 300 Frederickson, S..3/5/05
- 78 300 Reyes, K..3/12/05
- 79 300 Parks, D..3/18/05
- 80 300 Estrada, C..3/18/05
- 81 300 Gonzalez, C..4/2/05
- 82 300 Bagsby, D..4/2/05
- 83 300 Cooper, C..4/9/05
- 84 300 Andiorio..5/21/05
- 85 297 Zintsmaster, B..8/21/04
- 86 297 Hansen, M..4/2/05
- 87 295 Rico, O..3/5/05
- 88 295 Brewer, J..3/11/05
- 89 295 Salas, A..3/12/05
- 90 295 Sealy, R..3/18/05
- 91 292 Zadubera, S..11/10/04
- 92 292 Hairston, D..12/11/04
- 93 292 Baldwin, S..4/2/05
- 94 292 Grubbs, C..4/16/05
- 95 290 San Miguel, D..3/5/05
- 96 290 Herrera, B..3/12/05
- 97 287 Badgujar, A..7/31/04
- 98 286 Deutsch..10/5/04
- 99 286 Fleming, J..10/29/04
- 100 286 Clough, J..3/26/05

TOTAL

- 1 1251 Gainer, E..7/9/04
- 2 1162 Milian, E..5/14/05
- 3 1086 Leoni, R..8/21/04
- 4 1052 Askew, M..5/14/05
- 5 1030 Zeolla, G..4/16/05
- 6 1008 Summers, D..4/16/05
- 7 981 Barleen, D..5/20/05
- 8 964 Scheldrup, T..7/9/04
- 9 959 Sonnier, C..5/14/05
- 10 955 Soto, L..4/2/05
- 11 931 Hartwig, S..5/26/05
- 12 931 Kirkland, M..6/4/05
- 13 920 Hill, A..4/2/05
- 14 905 DeLaCruz, R..3/12/05
- 15 905 Simmons, B..4/2/05
- 16 905 Arness, D..4/2/05
- 17 895 Nieto, R..3/12/05
- 18 890 Arrivillaga, D..4/2/05
- 19 890 Perez, E..4/2/05
- 20 870 Ortiz, F..4/2/05
- 21 870 Smith, E..4/2/05
- 22 859 Welch, J..4/16/05
- 23 855 Villanueva, R..3/12/05
- 24 850 Guerrero, L..3/12/05
- 25 850 Jones, J..4/2/05
- 26 850 Westbrook, C..5/14/05
- 27 845 Kearney, C..4/2/05
- 28 840 Goldthwaite, M..4/2/05
- 29 835 Wait, M..3/5/05
- 30 830 Foley, M..4/2/05
- 31 830 Thomas, A..4/2/05
- 32 830 Burnett, J..4/2/05
- 33 826 Marietta, Leah..4/16/05
- 34 825 DeLeon, E..4/2/05
- 35 821 Knight, M..9/8/04
- 36 820 Garrett, J..4/2/05
- 37 820 Acosta, A..4/2/05
- 38 810 Bachorz, R..3/11/05
- 39 810 Rinn, S..5/14/05
- 40 805 Lozano, D..4/2/05
- 41 800 Hernandez, J..4/2/05
- 42 800 Henson, J..4/2/05
- 43 800 McAvoy, T..4/9/05
- 44 795 Gomez, A..4/2/05
- 45 795 Diaz, P..4/2/05
- 46 795 Pearyman, C..4/9/05
- 47 790 Martin, E..4/2/05
- 48 785 Winchel, S..3/11/05
- 49 785 Faccio..4/30/05
- 50 780 Gunderson, E..4/2/05
- 51 780 Mendez, E..4/2/05
- 52 777 Grubbs, C..4/16/05
- 53 775 Walker, N..3/5/05
- 54 775 Henley, A..3/5/05
- 55 775 Palubicki, C..3/11/05
- 56 771 Scheppe, K..4/16/05
- 57 770 Fisher, D..3/5/05
- 58 770 Ramirez, J..3/12/05
- 59 770 Young, R..4/2/05
- 60 770 Hampton, D..4/2/05
- 61 760 Tucker, R..3/12/05
- 62 760 Santos, B..4/2/05
- 63 755 Rogers, A..4/22/05
- 64 750 Salas, A..3/12/05
- 65 750 Perez, T..4/2/05
- 66 745 Gonzalez, C..4/2/05
- 67 735 Molosso, M..11/6/04
- 68 735 Arnagno..5/21/05
- 69 730 Goods, M..3/5/05
- 70 725 Stephens, B..3/18/05
- 71 720 Frederickson, S..3/5/05
- 72 720 Reyes, L..3/12/05
- 73 720 Denmon, A..3/18/05
- 74 716 Patel, H..6/4/05
- 75 715 Salazar, R..3/12/05
- 76 710 Fox, J..3/18/05
- 77 705 Bagsby, D..4/2/05
- 78 705 Maestas, R..4/2/05
- 79 705 Hester, J..5/14/05
- 80 700 Herrera, B..3/12/05
- 81 700 Luster, J..4/16/05
- 82 699 Williamson, B..9/25/04
- 83 699 Metcalf, P..12/4/04
- 84 695 Rein, J..4/2/05
- 85 690 Williams, S..11/6/04
- 86 690 Brewer, J..3/11/05
- 87 690 Sealy, R..3/18/05
- 88 685 Dahl, J..3/11/05
- 89 683 Hairston, D..12/11/04
- 90 683 Fry, H..2/13/05
- 91 683 Brigham, C..4/9/05
- 92 680 Fairchild, K..11/20/04
- 93 680 Whatley, M..3/5/05
- 94 680 Smith, K..3/18/05
- 95 680 Cooper, C..4/9/05
- 96 680 Carlson, B..6/25/05
- 97 677 Deutsch..10/5/04
- 98 677 Hansen, M..4/2/05
- 99 675 Pawelek, C..3/18/05
- 100 672 Marietta, Lora..9/8/04

Powerlifting USA TOP 100 Achievement Certificates are printed in Red and Gold ink on exquisite paper, embossed with the gold seal of Powerlifting USA Magazine, and signed by Mike Lambert. They specify your name, TOP 20, 50, or 100 ranking division, weight class, and actual numerical ranking in your class. The price for this documentation of your achievement is \$6. We also offer a wood grain plaque with a clear cover, ready to hang. The certificate and display plaque are available together for \$21.95. If you have appeared on a TOP 100 list, you are eligible. Send your name, street address, weight class, lift, date it was made, the amount of weight, and the list that your name appeared on. Send \$6 per certificate or \$21.95 for certificate and deluxe mounting plaque, payable to Powerlifting USA, Box 467, Camarillo, CA 93011. (CA residents - 7% tax).

NEXT MONTH... TOP 123s

CORRECTIONS ... Randy Bumgarner should have been credited with a 605 lb. bench press on the last TOP 100 SHW ranking list. Jose Garcia's performance of 8/7/04 was actually done in the 275 lb. class. On page 64 of the August 2005 issue of PL USA, Mr. Forte's name was spelled wrong. Jeannie Watts photo in the July issue, and that of Kelly and Mike Womack, were from a different WABDL meet in Sacramento, than the one held on September 18th. C. Rogers should have been credited with a 600 bench press on the TOP 100 275 lb. class list. Rick Chavez indicates he should have been credited with a 719 squat on the 2004 TOP 20 Masters list for the 242 lb. class. Mike Miller indicates that the disavowal of his 1200 lb. squat on the internet was a misrepresentation and that the lift should have been counted on the TOP 100 SHW ranking. If you find errors in our lists or results, let us know at PL USA Errors, Box 467, Camarillo, CA 93011 for a correction.